



Pantry Needs

Canned Beans (low sodium preferred)

Canned Soup (low sodium and low-fat preferred)

Canned Fish (in water) (tuna, salmon, etc.)

Canned Fruit (no sugar added/no high fructose syrup preferred)

Canned Meals (beef stew, ravioli, etc.)

Canned Meats (in water and low sodium preferred) (chicken, ham, etc.)

Canned Vegetables (less/low sodium preferred)

Cereal (whole grain and low sugar preferred)

Grits

Jelly

Jiffy Muffin Mix

Juice (no sugar added preferred)

Macaroni & Cheese

Oatmeal

Peanut Butter (natural preferred)

Rice (1-2 pounds) (brown, white, wild)

Saltine Crackers

Spaghetti Noodles (1-2 pounds) (whole wheat preferred)

Spaghetti Sauce

Hygiene:

Bar Soap

Toilet Paper

Laundry Detergent (pods or powder)

Donations may be dropped off at UCM (303 Dacusville Hwy) on Mondays, Wednesdays and Fridays from 8:30am-noon at the double doors facing Henry Street. If you are unable to come during those times, please email ucmpc2018@gmail.com or call (864) 671-1134 ext 1028 to schedule a delivery time. Thanks for helping us to feed our neighbors in need.